

Method of doing Vyápaka Shaoca

Using cold water:

1. First thoroughly wet/splash water on your arms up to the elbows and legs up to the knees;
2. Then, taking a mouthful of water, and, without inhaling, splash water into the open eyes and face at least twelve times. Finally, spit out the water.
3. After that, thoroughly wet/rinse the ears and the neck.
4. Finally, do násápána: vigorously inhale water into the nostrils so that the water arrives into the throat and can be spit out from the mouth. If it does not arrive to the throat, it should reach well into both nares so as to achieve irritation of the nasal passages.

(In very cold weather, one can use water which is a neutral temperature.)